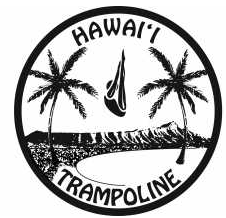




Hawai'i Academy



NEWSLETTER

November 2006

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences

Volume 8, Issue 11

Upcoming Events

- Nov 4-14 Slavic Games, Belarus
- Nov 20 Mon Safe Falling Workshop 12-2p @ HA \$30
- Nov 22-24 Wed-Fri NO CLASSES -- Happy Thanksgiving!
- Nov 24 Fri Shopping Day Fun Care 7a-5p @ HA (phone to register)
- Nov 25 Sat Parents' Night Out 5-10p \$10/15 (Bring Friends!)
- Nov 29 Wed Final Tryouts for L10 and Elites 4-8p
- Dec 4-10 Mon-Sun Winter Show Case All Week
- Dec 16 Sat Christmas Slumber Party 6p-8a \$25 (bring friends)
- Dec 23 Sat Parents' Night Out 5-10p \$10/15 (Bring Friends!)
- Dec 24-Jan 3 Sun-Wed NO CLASSES Christmas Break

Next Issue Deadline: 21 Nov 2006

Vision

We envision a society in which everyone, regardless of age, enjoys health, fitness, and a quality of life that is enhanced through regular physical activity. We wish to inspire an approach to wellness that encourages children, teens, adults, and seniors, regardless of physical ability, to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their years of functionality and independence. We train athletes in numerous competitive athletics programs, including the Olympic sport of trampoline gymnastics, in which we seek to achieve international recognition for excellence. We strive to improve community wellness by promoting an appreciation for and a better understanding of the human sciences and the effective use of technology.

Mission

1. To provide private education for children, teens, adults, and seniors that promotes life-long fitness, an understanding of human sciences, and the effective use of technology in order to extend one's years of functional independence.
2. To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelligent consumers of scientific information.
3. To explore human development and intergenerational cooperation in the context of optimal designs of products, environments, and systems.

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Like No Other, Anywhere in the World

Hawaii Academy started in 1999 with 99 students and a mission to serve members of ALL ages and abilities. We have programs for toddlers, preschoolers, preteens, teenagers, young adults, parents, grandparents, great-grandparents, seniors, those with disabilities and even some requiring rehabilitation. More than any other fitness/wellness program, we emphasize multi-generational participation, lifespan activities, human science knowledge acquisition, and life-lessons in cooperation and coping. The Academy serves as a second home for the family ... as a place that promotes exercise throughout life, for each generation, in a safe environment that facilitates cooperation, group and individual motivation, determination, respect, and well-being. By promoting adult and senior participation, children today see themselves as future active adults. We have a broad range of adult programs (fitness, trampoline, dance, martial arts, & circus skills)



populations and training programs for world class athletes. We sincerely try to provide educationally challenging and fun activities for ALL ages and abilities.

We aspire to achieve excellence in our programs. But more important than rapid skill achievement is breadth of application and development of personal values and training attitudes that transfer across endeavors throughout one's life. We hope to involve as many age groups as possible -- we especially want to have children watching their parents and grandparents exercising so they plan to be active for their entire life.

Our [organizational chart](#) is like that of a university with eight departments, the largest being [Physical Education & Recreation Department](#) (e.g., recreational trampoline-tumbling and gymnastics programs serve 85% of our students). The [Athletics Department](#) (5% of enrollment) has six competitive programs in Trampoline-Tumbling (preteam, state, national, international, elite, and collegiate levels). About 10% of our students and personnel are in the departments for [Research, Clinical Services, Academic Instruction, Special Events & Programs, Development, and Business Operations Departments](#).

Our primary objective is to promote programs that motivate participants to better understand the importance of maintaining one's health, fitness, and wellness throughout life. We conduct research to investigate the impact of

fitness on functional abilities across the lifespan and we involve Academy members as participants in our longitudinal study of fitness and as



student researchers. We integrate the human sciences (e.g., anatomy, physiology, biomechanics, kinesiology, nutrition, motor control, ergonomics, and human development) in all our activities. We also help design and encourage the use of assistive technologies to extend the years of effective functioning.

HA is internationally known for age and fitness research on human information processing, movement control, gerontechnology, and developmental ergonomics, plus its world class trampolinists, extreme senior fitness classes, and its unique combination of programs for all ages and abilities.



Please let us know if you are aware of any schools or programs anywhere that are similar.

Annual Events at Hawaii Academy

- | | | |
|--|---------------------------|---------------------------|
| Parents' Night Outs (12/yr) | 5-10pm | Once monthly |
| Slumber Parties (4/yr) | 6p-8a | Dec, Mar, Jun, Aug |
| Trampoline & Fitness Meets (4/yr) | Oct, Feb, Apr, Jun | |
| Safe Falling Workshops (11/yr) | (almost monthly) | |

These events are described at the Special Events & Programs Department website:

www.hawaiiacademy.com/web/special.html



Proficiency Base Curriculum is Here

The **Movement Education** (ages 1-5 yrs; Parent-Tot & Preschool; Mr Michael Nakashima, Program Head) and **Recreational PE** (ages 6+ yrs; Beginners, Intermediates, Advanced, & Teens; Ms Justine Perkins, Program Head) **Programs** recently implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels.

The ME program builds confidence and appreciation of fitness and sports in young children. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. The equipment and events are modified to accommodate smaller bodies and shorter attention spans. Although students may advance on an accelerated schedule based on ability, the classes are generally grouped by age of the students. Our classes are called Parent-Tot (1-3yrs), Preschool (3-5yrs; PS345, PS34, PS45), and PS/Beg (for ages about 4-8yrs before they are split to a PS class and a Beg class). The PE program is based on 1-hr to 2-hr classes that advance in abilities with classes grouped by ages beginning at about 6 yrs. Watch the bulletin boards in the gym for student listings with the skills they have mastered. In development are fitness tests and progress reports.

Please contact the program heads if you have comments or wish further information.

Special Events & Programs Department

This department administers all events, activities, and programs *not* covered by the other seven departments. Often ideas and entire programs are developed in this department and then moved into a permanent home in say Athletics or Physical Education/Recreation.

Regularly Hosted Events:

- Parents' Night Out
- Clinics, Workshops, Seminars
- Camps
- Fundraising Special Activities
- 4 Annual Slumber Parties
- 2 Local Athletic Competitions
- 2 International Athletic Competitions
- Development of New Classes & Programs
- 3 Showcases of Student Achievement

Contracted Private Services:

- Birthday Parties & Celebrations
- School Excursions
- Off Site Contracting
- Slumber Parties
- Private Events (Parties/Meetings)
- Private Lessons
- Exhibitions & Demonstrations
- Special Performances
- Facilities & Equipment Rentals

If you wish to contract and event, rent equipment or facilities, or get more information, please see Special Events on our website or contact Mr Julian Simee, Special Events & Programs Department Chair.

Research Department (Projects)

- * Hawaii Longitudinal Study of Fitness Project
- * Screening for Fitness to Drive Projects
- * Screening for Fitness to Exercise Projects
- * Creation of Lifespan Fitness Norms Projects
- * Senior Exercise and Therapy Projects
- * Flexibility and Fitness Training for All Ages Projects
- * Motivation Strategies for Improving Fitness Scores Projects
- * **Safe Falling Techniques** for All Ages and Abilities (Position Statement & Course)
- * **FIT Club** — Project to Motivate Members to Exercise (Int'l Project: HI & Japan)
- * Collision Avoidance Ability Changes With Age (Driving Simulator) Thesis
- * Emergency Egress—Breathing CO2 and Exercise Effects On Mental Functions
- * Exercise and Postural Neural Activation and Information Processing Speed

Safe Falling Workshops

Falls are inevitable but injuries are preventable! We have initiated a campaign to reduce the number of injuries that could have been prevented with safer falling mechanics. These workshops are for all ages and can change the way you contact the ground forever. \$30 for workshop, \$75 for a certificate to teach workshops (3 sessions & tutoring). We are developing curricula for public instruction of safe falling techniques. Following are the scheduled sessions for the next 12 months:

Nov 20 Mon 12-2p	Jun 11 Mon 12-2p
Dec 28 Thu 6-8p	Jul 22 Sun 7-9p
Jan 7, 2007 Sun 6-8p	Aug 13 Mon 12-2p
Feb 25 Sun 6-8p	Sep 11 Tue 6-8p
Mar 11 Sun 6-8p	Oct 13 Sat 6-8p
Apr 9 Mon 12-2p	

Parents' Night Out (monthly)

Parents! Ever feel you need a night out without the kids? Bring them over to Hawaii Academy and let us watch them for 5 hours while you rest, catch a movie, or just have a quiet dinner alone. They can run and play until 10 pm for only \$15 per person. (Academy members are only \$10 each = \$2/hr). This is a monthly fundraiser for our traveling teams. Activities are supervised by coaches, advanced team athletes, and parents from the team booster club. Bring friends and snacks or money for items from our concession.

Sat, 25 Nov 2006	5-10p
Sat, 23 Dec 2006	5-10p
Sat, 10 Jan 2007	5-10p
Sat, 10 Feb 2007	5-10p
Sat, 10 Mar 2007	5-10p
Sat, 21 Apr 2007	5-10p
Sat, 12 May 2007	5-10p

(also see special events on website)

Adult Fitness & Gym Classes

Try a free adult class. You'll love it! If you want to continue, it is 1/2 price, \$50/month for 2 hours/wk, less with a family discount if your children are also members (\$40/month ... that's \$5/hr), and you can make up whatever classes you miss.



INSPIRING!



FUN!

Sat	8:30a-10:30a 1-3p	Corrine Corrine 3-
5p	Corrine	
Sun	8:30-10:30a 10:30-12:30p 1-3p 3-5p	Zack Zack Kayla Dr Mah
Mon	4-6p	Abby
Tue	7:30-9:30/10p	Dr Mah
Thu	7:30-9:30/10p	Dr Mah

HA Starts 1st College Tramp Program



Hawaii Academy has started the first Collegiate Trampoline program in America. Kira Ver-cruyssen and Matt Moniz are the pioneers in this new venture, just as they were the first from Hawaii to compete nationally for Hawaii back in 2002. Here they are pictured at the All Japan Inter-College Championships that was held in Osaka in August 2006. Their upcoming meets include the International German Universities Championships in Freiburg in January, the British Universities Championships in Surrey in March and possibly the first American Collegiate Nationals at the US Championships in Memphis, in June.

Movement Education Classes

We have **15 Parent-Tot (Ages 1-3 yrs) Classes** per Week (start times): Mon 9a 2p; Tue 9:30a 12p 2p; Wed 9:30a 12p; Fri 9:30a 2p; Sat 8:30a 9:30a 10:30a 11:30a; Sun 8:30a 9:30a

We have **58 Preschool (Ages 3-5 yrs) Classes** per Week (start times): Mon 9a 12p 2-6p; Tue 10:30a 12-6p; Wed 10:30a 12-6p; Thu 3-6p; Fri 10:30a 2-5p; Sat 8:30-11:30a 12:30p 1-4p; Sun 8:30-11:30a 12:30p 1-4p

Exercise as a Family!

Sat & Sun classes feature concurrent adult and child classes!

(Parent-Tot, Preschool, Beginning, Intermediate, Advanced, Teen, Adults, plus Beg & Int Cheer/Power Dance Classes all at the same time)



Read
**Hawaii
Parent
Magazine**

HA is a distribution point. Pick up free copies from the gym.

Thanks and Farewell Dr Barrett



Coach/Judge Elizabeth Barrett came to us six years ago when she entered the UH Astronomy program (one of the best in the world) as a new PHD candidate. Since 2000, at HA she competed in women's artistic (levels 4-8) and trampoline (levels 5-10), became an optional level artistic judge and national level trampoline judge, served as one of the head judges for every trampoline meet in Hawaii, coached all the upper level

artistic and trampoline athletes, and has been a cornerstone of our Athletics Department and International Trampoline Teams. Thanks Dr Barrett for everything, good luck in the aerospace industry, and hurry back whenever you can....

Congratulations!

- May Dr Elizabeth Barrett — PhD in Astronomy
OT Ann Marie Ryan — MS in Kinesiology
- Jul All who participated in Chicago Nationals
- Aug Nani Verduyssen Pan-Am Champion, Mexico
Kira Verduyssen & Matt Moniz in All Japan Inter-Collegiate Champs, Osaka, 9th & 22nd
- Oct Nani Verduyssen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th and 47th in Senior Division (18+ yrs)

Good Luck!

Nani Verduyssen at the Slavic Games in Vitebsk, Belarus, & Moscow Nov 4-14
Everyone trying out for Level 10 & Elite Nov 29
Winter Showcase Participants Dec 4-10

Outreach Movement Ed Classes

Hawaii Academy has expanded our Outreach Movement Education and Gymnastics Classes at local schools, including Maryknoll School and Waikiki Elementary. For more information contact Mr Julian Simee, Special Events and Program Chair, at the gym.

Adaptive & Special Education

The Academy aspires to provide educational programs for all ages and abilities. In addition to our standard classes, we have special classes for the physically, mentally, or emotionally challenged students. **Coach Julian Simee** offers developmental classes Wednesdays 2:45-3:30pm and Fridays 3-4pm. **Dr Max** and **Mr Mike Nakashima** offer a special seniors exercise class (60-100 yrs) Mondays 10-11:30am and conducts individual assessments and personal training (by appointment). **Therapist Ann Marie Ryan** does rehabilitation sessions for groups and individuals by appointment. We have many success stories about progress in coping with Alzheimer's Disease, Parkinson's Disease, Down's Syndrome, ADHD, Strokes, Illnesses, and other challenges. We are currently planning a special class for obese children taught by obese athletes and teachers. Inquire about special classes...

Mahalo for Donations!

... of digital photographic equipment and our portrait database system (**Jen-Yi Chang, MD, Taiwan; Munehiko Harada, PhD, Japan**); a used trampoline & pommel horse (**Kokokahi Gym Team**); new trampoline string bed (Anonymous); used computers (**Tracee and Mark Gobel; University of Hawaii; JABSOM Geriatrics**); medical examination scale (**Jeanette Chang, MD**); body weight and percent fat scale (**Ed & Betty Lea**); welding throughout the gym (**Kelsen Onigama's dad**); and all the help from **All the Parents**. We have a nonprofit booster club so your donations can be tax deductible. Thanks in advance for helping us.

(If you are a PLUMBER, ELECTRICIAN, or CARPENTER, please contact a director about work at the Academy. We need help and are hiring.)

Newsletter & Yearbook

Our **Newsletter** is returning to circulation this month. Please give us feedback to make it a useful document. Watch for our first **HA Yearbook** scheduled for January 2007. You'll be really impressed.

Consider advertising in the Hawaii Academy Newsletter and Yearbook.

Dance Classes

Teacher Cathy Izumi is our new dance instructor and Program Head. She teaches jazz, hip-hop, and ballet technique in combination with Tramp Dance on Mondays, 4:30-7pm. She is often assisted by her talented children. Teacher Cathy is the Director of Honolulu Dance Studio. For more information, phone 524-8455. Add a dance class Mondays 6-7pm for only \$40/month. Take a free trial and then decide.

Seniors Exercise & Rehab

Senior (60+) FlexFit classes are Mondays 10-11:30 am. Tuition is FREE. Our oldest student turns 100 in 2007. They are great classes, give one a try... Rehabilitation sessions are by appointment with our therapists. Phone 842.5642 now!

Birthday Parties & Celebrations

Phone the Academy to book your birthday party, graduation party, celebration, excursion, or other special event. Activities are usually two hours in length including 30 minutes for eating and rest. Cost: \$10/participant, \$175 minimum (20% discount for members). Book early, select your party instructor from among our qualified staff, plan the event, complete the contract and pay the \$50 deposit, as soon as possible. The gym is usually available Saturdays and Sundays from 5:30-7:30 pm and during Academy breaks. Contract additional times if you like. Check www.HawaiiAcademy.com or phone for details.



Member Birthdays in November and December

Please wish them a Happy Birthday!

Nov 1-Sheridan Sano, Namkyu Yang, Kacie Sakamaki, **2-**Alana Hirano, William Schulz, **4-**Tatyana Lum, **5-**Taryn Nakamura, Dante Terminella, Lauren Beardeaux, **6-**Isabelle Chow, Myra Dennison, **7-**Kacie Sumikawa, Kailee Shiraiishi, **8-**Ashley Leong, Raiatea Reynolds, **9-**Kalai Kiaaina, Cova Li, **10-**Natalie Nishiguchi, Nickie Shintani, Mika Neil, **13-**Ryan Nakazaki, **14-**Ashley Eala, **16-**Vaitini Parker, Harmony Derrick, Mickaellah Plogger, **18-**Mahkaela Walker, Kaylee Chung, Kent Uyehara, **19-**Sophie Steffen, Kamyla Buted, Mehana Salvani, **20-**Trevor Tamashiro, Jordan DeCorte, Mary Wunsch, Michiko Kusaka, **21-**Debi Chun, Kalei Young, Ivy Yeoh, Tiana Pereira, **22-**Kai Lee Corrie, Brianna Yee, Katie Shim, **23-**Royanne Santo, Kiana Stacy, Megan Yamaguchi, **24-**Emily Kawaoka, Kalyn Ichinotsubo, Joanna Eaton, **25-**Nam Vu, **27-**Giovanni Rufino, Michelle Gaumont, Erin Ichinotsubo, Ronald Lopes, **28-**Marques Bortorf, Jay Ramirez, **29-**Toria McKee, Jayda Hatcher, Aaryk Iwamoto, Kellen

Bauman, Chae Laroya, Elise Sueoka, **30-**Kyani Uchimura, Krista Ruggieri, Lauren Hamalian, Grace Schnetzler, Paige Omura. **Dec 1-**Tyler Luce, John Luce, Chelsea Wong, Zachary Folk **2-**Justin Ho, **3-**Kolby Muranaka, Quincy Reyes, Kirra Carvalho, **4-** Kacey Walker, **5-**Zachary Wong, Kristie Kawazoe, Sue Steinmann, Kacy Kuniyoshi, Iwalani Soares-Miehlstein **6-** Destiny-Cole Malloy, Anuhea Breeden **9-** Elyse Nakamoto, **10-**Noah Miyahira, **11-** Samantha Langaon, Aidan Rooney, **13-** Sharron Chau, Lexi Mitsunaga **14-** Iris Pak, William Harris, **15-** Tristan Dean, **18-** Kai Uyehara, Blanche Kearn, Sage Kanemaru, Jazelyn Garcia **19-** Dior Molas, **20-** Courtney Collins, Gian-Christian Fazzari, Julian Simee, **21-** Tsutae Funakoshi, **23-** Shawn Mizukami, Tracee Suetsugu, **24-** Taylor Reifurth, **25-** Jathryn Racasa, Rachael Schneider, **26-** McKenzie Gallagher, **27-** Jupiter Silva, Emily Mow, Kylie Obata, **28-** Kapua Kailio, **29-** Cayde Tagami, Shimako Shintani, **30-** Tia Inoue, Rhea Bala, Valerie Miehlstein, Midori Hirano. (Please let us know if we missed anyone)

HONOLULU ARTISTIC GYMNASTICS CLUBS:

Hawaiian Island Twisters
www.hawaiianislandtwisters.com
(808) 839-4494



Mojo Gymnastics
www.mojogymnastics.com
(808) 839-MOJO (6656)



Different Clubs Listed Next Month

ADVERTISE HERE!

Circulation over 3000/month distribution
We want to help your visibility and income.

Ad Size	RATES:	
	Per Issue	Per Year
1/12 page	\$30	\$300
1/6 page	\$60	\$500
1/4 page	\$90	\$700



Christmas Slumber Party

Sat 16 Dec 06

6p till 8a Sun

\$25 per person

(Sat Dinner, Sun Breakfast & Snacks included)

Fun Activities! Bring Your Friends!

Reminders:

- Please recommend free trial lessons to neighbors and friends. This increases the number of friendly, smiling faces, carpooling opportunities, and overall comfort level of everyone.
- Please phone to schedule trial lessons or makeup classes.
- Consider signing up for more classes per week. Skills are learned faster with the extra practice and tuition rates decrease with the number of hours you attend (\$12.50 to \$1.90/hr)
- Please pay tuition on or before the 1st of each month, by your 1st lesson at the latest
- Remember to give two weeks written notice of discontinuation so we can adjust your billing and arrange replacement enrollment.



Hawaii'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawaii'i Academy NEWSLETTER
November 2006: Volume 8, Issue 11

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences for ALL ages and abilities.

Other Items For Sale:

Trampolines (all sizes)
Gym Mats (all sizes) & **Gym Equipment**
'99 Chevy Astro Van, runs great, \$7000, 77K miles, 741-2223 (Academy van replaced by hybrid car)



Sample ProShop Items

Please Support Our Sponsors & Contributors

Anonymous Donations: Jen Yi Chang, MD Surgery (Taiwan)
Jeanette Chang, MD, Pediatrics
Munehiro Harada, PhD (Japan)

Hawaii Parent Magazine
Donna Mah, MD, Pediatrics
Pacific Creations

Penske Truck Rental
Peterson Sign Company
Psy-Med Associates, Ergonomics
U of Hawaii Geriatric Medicine
U of Hawaii Honors Program

Academy Personnel

Director
Assoc Director & Physician
Gym Managers (Sat)
(M-F)
(Sun)

Secretary

Registrar
PE/Recreation Department Chair
Athletics Department Chair
Special Events & Programs Chair
Clinical Services Department Chair
Outreach Specialist
Rehab Therapist & Senior Exercise
Custodians

Home School PE Coordinator

Dr Max Vercruyssen
Dr Donna Mah
Ms Lori Shinsato
Paris Macabeo-Spahn
Kira Vercruyssen
Ms Paris Macabeo-Spahn
Ms Janet Onigama
Ms Lori Shinsato
Mr Julian Simee
Dr Donna Mah
Ms Sarah Hadmack
Ms Ann Marie Ryan
Mr Creighton Niwa
Ms Valerie Mendez
Mr Mike Nakashima

Donations Sought (New or Used)

Pillows (for our couches). **Outside Steele Stairs** (demo or kits). **Large Circus Tents**.
Carpets (to replace carpeting in several areas). **Gym and Exercise Equipment**.
Computers (for research and student use). **TRAMPOLINES** (in any condition).
Lumber (for continued construction throughout the Academy).
Donations to Specific Funds and Endowments (e.g., equipment maintenance, capital improvements, scholarships, seniors classes)
We need help from **carpenters, plumbers and electricians**.
Automobiles (for visiting faculty). *Donations to HABC may be tax deductible.*

Hawaii Academy Programs

Physical Education & Recreation Department
Parent-Tot, Preschool, Beginner,
Intermediate, Advanced, Teen, Cheer,
Tumb for Drill & Power Dance, Adult,
and Seniors Classes

Athletics Department
State Level Teams
National Level Teams
International Level Teams
Elite Teams
Collegiate Teams

Special Events and Programs Department
Birthdays Parties & Celebrations
School/Group Excursions
Camps & Clinics
Sport Competitions
Conferences & Seminars
Workshops
Exhibitions & Demonstrations
Equipment Rentals
Facilities Rentals

Special Activities & Contracted Services
Outreach Movement Education
Dance
Private Lessons

Research Department
Longitudinal Study of Fitness
Senior Exercise & Therapy
Human Speed of Behavior
Mobility in Teens & Elders
Fitness-to-Drive (Teen & Elders)
Intelligent Assistive Technologies
Biomechanics & Gymnastics

Clinical Services Department
Physical & Occupational Therapy
Pediatric Sports Medicine
Functional Fitness & Neuro Assessments
Rehabilitation & Personal Training

Academics Department
Member Curricula
Degrees & Certificates
Courses & Publications

Development Department
Donations, Newsletter, Yearbook, Alumni
(see Organizational Chart on website)

Member Discounts

Pay Full Year (10% off tuition)
4-Generations (All tuition is FREE)
3-Generations (50% off all tuition)
Military (20% off tuition)
Multiple Siblings (Twins, Triplets, 20% off tuition)
All Private Parties (20% off tuition)

In Memory of

Mr Bo Bolongan
Mr Sam Nakamura
Prof Dr Merrill E Nobel
Prof Dr Alan T Welford